**CONSIDER THIS**

The disciples could not deliver a demon possessed boy. Jesus told them that this kind only comes out with prayer and fasting. King Hezekiah was given a life extension after fasting. Esther saved the nation with fasting. Daniel broke through with fasting. Jesus said, "when you fast." Could this help you break through?

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**Fasting**

Matt 6:16-18 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

**WARM UP**

Fasting has historically been a matter of faith and also a natural means of healing. Many medical practitioners have used fasting to cure all kinds of ailments by cleansing the body of the toxins and poisons that are in our system. In fact you don't starve when you fast but release the blood to cleanse the body and give all your major organs a holiday and a chance to revitalise. One author claims that 90% of diseases can be cured by fasting.

**READ** Isaiah 58

**QUESTIONS FOR INTERACTION**

1. We know God wants us to fast. He longs for us to seek Him with prayer and fasting. Why didn't God notice this fast?

2. What is the fast that God has chosen?

**WRAP-UP** Read Acts 13:2-3. What part did fasting play in the New Testament church and should we practise this today?

**IT’S TIME FOR PRAYER**

Realise that you will not die if you fast. It will benefit you greatly in the physical and the spiritual. How would you see fasting as (1) a regular discipline, (2) for emergencies and (3) for important decisions?